

Adapted Programs

for Youth & Adults with Diverse Abilities



Adapted Special Events

Adapted Mother's Day Bingo

(18 years & over)
Make Mother's Day extra special with a round of Bingo! A fun and easy way to share smiles, prizes, and appreciation for Mom.

#18917 Friday May 8
10:30 a.m. - 12 p.m.
Lewis MP Hall
\$5

Adapted Karaoke Klub

(16 years & over)
Welcome to Adapted Karaoke Club! Where every voice counts, every song is a hit, and the only rule is to have fun!

#18983 Mondays
April 27 - May 11
12:15-1 p.m.
Lewis Craft Room B
\$15/3

Adapted Brainy Bunch

(15 years & over)
An adapted science experiment club where curiosity leads the way! A place to try experiments, ask big questions, and explore science in creative ways.

Thursdays
#18913 April 9 - May 7
\$30/5
#18914 May 14 - June 18
\$36/6
9:30-11 a.m.
Lewis Craft Room A

Adapted Salsa Dance Class

(16 years & over)
This Adapted Beginner Salsa Class is all about having fun, feeling confident, and enjoying the joy of dance. No experience needed.

#18976 Fridays May 22
9:30-10:30 a.m.
Vern Nichols Gym
\$4

Spring Bowling League

(18 years & over)
Strike up new friendships at our fun bowling leagues on Wednesdays. Get ready for spares, chop-offs, strikes and probably a few gutter balls as you work to improve your bowling game. Who will be the first to get a turkey (3 strikes in a row)?!

#18173 Wednesdays
April 8 - June 17
3-4 p.m.
Codes Country Bowling
\$5/11

Young Adults Club

(18 years & over)
Let's get social and plan the things you want to do! Activities may include crafts, movies, games nights, dinner out and more!

#18168 Tuesdays
April 7 - June 16
6-8 p.m.
Lewis Meeting Room
\$45/11

Healing Haven

(18 years & over)
This group is a space for those living with illness and persistent pain to come together in understanding, honesty and support. Drop in or sign up from the full schedule.

#18161 Wednesdays
April 8 - June 17
4:30-6 p.m.
Lewis Meeting Room
\$60/11 or
\$5/Drop-in

**Adapted Spring
Registration begins
Monday, March 16 at
8:30 a.m.**



**Courtenay
Recreation**

Adapted Programs

Lewis Centre, 489 Old Island Hwy Courtenay, BC V9N 3P5
phone: 250-338-5371 courtenay.ca

*All Adapted Programs
Proudly Sponsored by:*



COMOX VALLEY
COMMUNITY
FOUNDATION
Enriching Life in the Comox Valley Forever



Comox Valley
REGIONAL DISTRICT



Adapted Special Interest

Kitchen Crew

(14 years & over)
 Mix it, toss it and throw it in the oven of fun. Come create tasty treats and meals as part of this kitchen crew! After you enjoy your meal, play some games and socialize in the LINC's games room.

Mondays
 #17973 April 13 - May 4
 \$50/4
 #17985 May 11 - June 22
 \$75/6
 10:30 a.m. - 12 p.m.
 The LINC Kitchen

Adapted Sing-along

(16 years & over)
 Get ready to sing loudly, move your body, play instruments and learn some sign language! This joyful adapted sing-along is all about fun, music and participation for everyone.

Instructor: Tammy Jones
 Mondays
 #18135 April 13 - May 11
 #19030 May 25 - June 22
 1:10-2 p.m.
 Lewis Craft Room A
 \$25/5

Espresso-Yourself

(16 years & over)
 Get together to enjoy a good cup of coffee or tea with friends. There will be opportunities to connect with new friends and build connections within the Comox Valley. **No session July 21 & August 4.**

Tuesdays
 #17971 April 7 - May 12
 #17972 May 19 - June 23
 10:30-11:30 a.m.
 Lewis Craft Room A
 \$30/6

Sewing Club: Beginner

(18 years & over)
 First time sewing, and wanting to? Would you like to learn how to sew? Join us each week as we explore the basics of sewing in this project based class.

Wednesdays
 #17964 April 8 - May 13
 #17965 May 20 - June 24
 12:30-2 p.m.
 Lewis Craft Room A
 \$55/6

Adapted Craftastic

(16 years & over)
 Join us for epic crafting adventures, where we explore fun and unique ways to get crafty! This program is opening up the space for you to try new things, and learn a little about how we express ourselves through art.

Tuesdays
 #18062 April 7 - May 12
 #18094 May 19 - June 23
 1-2:30 p.m.
 Lewis Craft Room A
 \$45/6

Adapted Sewing Club: Intermediate

(18 years & over)
 This sewing class is a step beyond, where we tackle more challenging projects with fresh takes on your classic designs. Join us each week as we advance your skills, try new projects, and most importantly: have fun!

Thursdays
 #17969 April 9 - May 14
 #17970 May 21 - June 25
 1-2:30 p.m.
 Lewis Craft Room A
 \$55/6

Art Cards

(18 years & over)
 Let's get creative! Each week we'll work together and make beautiful cards to sell in the community. All proceeds from sales are shared back to the artists.

Mondays
 10 a.m. - 12 p.m.
 #17939 April 13 - May 11
 #17940 May 25 - June 22
 Lewis Craft Room A
 Free

**Adapted Spring Registration
 begins Monday, March 16
 at 8:30 a.m.**

Adapted Get Active

Adapted Archery

(18 years & over)

Learn the art of archery through step-by-step instruction. Each week we'll review how to draw a bow and shoot arrows so that your coordination, strength, aim and accuracy improve. **No class May 8.**

#17941 Fridays
April 10 - June 12
12:15-1:30 p.m.
Lewis MP Hall
\$50/9

Chair Fit

(18 years & over)

An upbeat workout class that uses bender balls and a variety of props followed by a nice cool down with gentle stretching. All ages & abilities welcome.

Instructor: Wendie Matte
Fridays

#18157 April 10 - May 8
\$25/5
#18158 May 15 - June 19
\$30/6
10:40-11:30 a.m.
Lewis MP Hall

Adapted Dance Class

(16 years & over)

Join this fun and energizing approach to movement and music. Enjoy a mix of styles and step-by-step instructions to get you moving and shaking!

Thursdays
#18175 April 9 - May 7
#19033 May 14 - June 11
1:10-2 p.m.
Lewis MP Hall
\$25/5

Thank you to the Comox Valley Community Foundation and CVRD for their ongoing support that allows us to offer affordable programming options for inclusion in Courtenay Recreation programs.



Adapted Dance Party

(18 years & over)

Let's get the wild spring dance party started! Register with your friends and join us for this fitness inspired class that is sure to put that spring in your step! All abilities and levels welcome.

Instructor: Tammy Jones
Wednesdays
#18102 April 8 - May 13
#18103 May 20 - June 24
1:15-2 p.m.
Lewis MP Hall
\$30/6

Adapted Yoga

(16 years & over)

Join us for a slow moving gentle yoga class that focuses on calming the breath, stretching and gentle strengthening. This class will leave you feeling refreshed and relaxed.

Instructor: Susan Obieglo
Tuesdays
#18159 April 7 - May 12
#18160 May 19 - June 23
1:15-2 p.m.
Lewis Activity Room
\$30/6

Adapted Diverse Sports

(16 years & over)

You name it: we play it! Come enjoy some adapted sports in a friendly, non-competitive fun way.

Wednesdays
#18162 April 8 - June 17
\$30/6
#19031 May 20 - June 17
\$25/5
10-11:15 a.m.
Vern Nichols Gym

Challenger Baseball

(10 years & over)

Challenger Baseball is an adaptive baseball program specifically designed to empower children, youth and adults living with physical and/or cognitive disabilities. This program is in partnership with the Jays Care Foundation and we greatly appreciate their support in our community.

#18916 Fridays
May 15 - June 26
10-11 a.m.
Lewis Ball Diamond 1
\$15/7



Community

Building Friendships

The Building Friendship Program invites you to come and play pool, foosball, board games, make crafts or just hang out. Everyone is welcome!
Mondays 2:30 - 5:00 pm
The LINC Youth Centre,
300 Old Island Hwy.
FREE
For more info, please call and ask for Building Friendships
250-338-5371

Agency Memberships

Courtenay Recreation has an agency membership to help agencies provide clients with a variety of recreational experiences including use of the wellness centre, squash courts and gym time. For more information, please call The Lewis Centre at 250-338-5371.

CV REGIONAL DISTRICT:

250-334-9622
comoxvalleyrd.ca/rec

COMOX RECREATION:

250-339-2255
www.comox.ca/recreation
TRIP (Town of Comox Recreation Inclusion Program)
Free and low-cost recreation opportunities are available to Comox residents on a limited income. Call the Community Centre at 250-339-2255 to find out more.

Financial Access Programs:

Apply for discounts that provide healthy lifestyle opportunities.

Recreation Access Program

Discounts on programs for City of Courtenay residents who live below Statistics Canada low income thresholds.

LEAP

Regional program open to anyone in the Comox Valley and provides 52 free admissions to drop-in activities.
Ask us how to apply!
250-338-5371 or 250-338-1000

Comox Valley Therapeutic Riding Society

250-338-1968
www.cvtrs.com

Comox Valley Special Olympics

250-897-1828
www.cvso.ca

L'Arche Comox Valley I Belong Centre

250.871.6288
www.larchecomoxvalley.org
Arts, crafts & recreational programs for adults with and without disabilities. FMI call or email
herve@larchecomoxvalley.org

Comox Valley Wheelchair Sports Society

250-897-6082
cwssdocs@gmail.com
All-inclusive (no disability required) Wheelchair basketball. Please email for more info.

North Island College Accessible Learning

250-334-5078
www.nic.bc.ca/programs-courses/accessible-learning/
Featuring adapted courses and services.

Program Registration & Refund Notes

Registration: All participants must register individually for their programs to prevent duplicate accounts. Day programs or caregivers assisting participants can call the Lewis Centre for help with account creation and to make this transition easier. All participants must make sure their accounts are in good standing before registering in new programs.

Register by telephone: You may register by telephone by calling The Lewis Centre (250-338-5371) or Filberg Centre (250-338-1000).

Register online: Visit www.courtenay.ca/reconline to create your account or call The Lewis Centre or Filberg Centre for assistance.

Cancellation: Please register early if you are interested or programs will be cancelled if minimum numbers are not met.

Withdrawal/Refunds: A full or pro-rated refund will be given if class is cancelled or for medical reasons. Refunds will not be approved after a program has ended.

Away: If you have a planned absence, please contact the Lewis or Filberg Centre office so we know not to expect you.

One-on-One Support: While we will do our best during programs to meet your needs, please note that we are unable to provide one-on-one support.
For full registration policies please visit www.courtenay.ca/rec